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The Silent Crisis: Vitamin D Deficiency in Young Women

By Dr. Obaid, Orthopaedic & Sports Surgeon

👨‍⚕️ About Dr. Obaid

I'm Dr. Obaid, an Orthopaedic and Sports Surgeon.

After years of treating injuries, chronic pain, and hormonal crashes in young women, one silent culprit keeps showing up again and again:

👉 Vitamin D Deficiency.

It doesn't always scream.

It whispers — through fatigue, period problems, mood swings, back pain, and bone loss.

This guide will help you identify the signs and take back control of your body.

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Why Vitamin D Deficiency Is a Hidden Epidemic

Most women in their 20s and 30s believe that fatigue, bloating, heavy periods, anxiety, and hair fall are "normal."

They are not.

These symptoms are often linked to severe Vitamin D deficiency.

The real danger? It's rarely tested — and when it is, it's ignored unless it's dangerously low.

Your body could be breaking down slowly… and no one is watching.

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Symptoms You Might Be Ignoring

If you experience any of the following, it’s time to get tested:

• Periods lasting more than 7 days

• Painful cramps that interfere with daily life

• Chronic fatigue, even after 8+ hours of sleep

• Hair fall, brittle nails, dry or dull skin

• Low mood, irritability, or unexplained sadness

• Joint pain or backaches in your 20s

• Jaw/tooth issues despite good hygiene

• Frequent colds, flu, or poor immunity

• Bloating, gut issues, low appetite

• Irregular periods, PCOS, or missed cycles

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Essential Blood Tests to Catch It Early

Don’t guess — test.

Here are the labs every woman should do if she’s struggling with fatigue or menstrual issues:

• Serum 25(OH)D (Vitamin D) — Ideal: 30–60 ng/mL

• Serum Calcium & Phosphate

• PTH (Parathyroid Hormone) — to rule out secondary hyperparathyroidism

• Ferritin — Vitamin D deficiency worsens iron storage

• CBC — to detect hidden anaemia

• Thyroid Profile (TSH, T3, T4) — deficiencies often coexist

• Liver & Kidney Function Tests — before starting high-dose D

• DEXA Scan — if you have persistent pain or irregular periods

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Daily Recovery Plan: Sun + Food + Supplements

You don’t need expensive meds — you need the right habits.

Here’s your day-wise healing roadmap:

🌅 Morning

• 15 mins sunlight on arms + face (no sunscreen)

• 1 glass warm water + 1 tsp soaked fenugreek seeds

• 5 soaked almonds + 2 walnuts + 1 date

🍳 Breakfast

• 2 whole eggs + toast OR oats with seeds & berries

• Add ghee or olive oil to meals (helps absorption)

• Take Vitamin D3 + Calcium supplements if prescribed

🍱 Lunch

• Brown rice / roti + dal + spinach/broccoli

• Salad + lemon dressing for iron absorption

• Cook with ghee or cold-pressed oils

🥛 Evening

• Green tea + roasted chana or makhana

• Light stretching / stair walking for 10–15 minutes

🌙 Night

• Turmeric milk with nutmeg OR chamomile tea

• Eat magnesium-rich foods like banana or pumpkin seeds

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Vitamin D Supplementation – Do it Right

Don’t just pop pills blindly. Here’s how to use Vitamin D correctly:

- Mild Deficiency: 2000 IU/day for 8–12 weeks
- Severe Deficiency: 60,000 IU/week for 6–8 weeks
- Maintenance: 800–1000 IU/day after levels normalize
- Always take with fatty foods (e.g. milk, eggs, ghee)
- Pair with magnesium + calcium for best effect
- Recheck levels after 3 months — don’t exceed blindly

⚠️ Overdosing can be dangerous. Follow up. Retest. Adjust.

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Final Word from Dr. Obaid

If you’re constantly tired, bleeding heavily, skipping meals, or living with back pain —

please don’t ignore it.

Vitamin D is not just a “bone vitamin.”

It’s your body’s control center for mood, hormones, fertility, periods, and immunity.

You are not weak. You are not dramatic.

You might be deficient — and you deserve answers.

Get tested. Get treated. Get stronger.